



# Eagle View Adult Center

## July & August 2016



Class & Event Registration begins Thurs. June 30  
Trip Registration begins Friday, July 1  
See pages 2 & 15 for details!

Center will be Closed  
July 4 and  
August 1 - 5

1150 Prairie Center Parkway, Brighton, CO 80601  
303-655-2075  
[www.brightonco.gov](http://www.brightonco.gov)

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**Hours:** Monday - Friday 8:00 a.m. - 4:00 p.m.

**Phone:** 303-655-2075

**Location:** 1150 Prairie Center Parkway  
Brighton, CO 80601

### **Eagle View Center Staff**

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eichem - Front Desk Receptionist

Christina Harris - Trip Coordinator

Eleanor Maestas - VOA Meal Site Coordinator

Lucy Castro - Custodial Staff

Sue Wingen - VNA Nurse

### **On The Cover**

Outstanding Volunteers - 2016 Red Sweater Winners are Jo Overall, Mary Martinez, and Sherrie Gossert. We celebrated with all the Eagle View volunteers in April.

### **VOA Lunch**

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal **2 working days in advance** by calling 303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)  
Daily meal donations are appreciated.

## **REGISTRATION PROCEDURE**

### **CLASSES & HAPPENINGS REGISTRATION begins on Thursday, June 30 at 8:00 a.m.**

- Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

### **TRIP REGISTRATION starts Friday, July 1 and is held as a LOTTERY.**

- Doors open at 8:00 a.m. to fill out your registration form.
- Refreshments sponsored by **HUMANA.**
- To be in the first round of trip registration, be in the dining room between **8:15 - 8:30 a.m.** to pick a number. Numbers are randomly drawn, so there is no advantage to drawing first.
- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, you can **register for yourself and only one other person.** You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (at approximately 10:30 a.m.), we will re-open registration on a first-come, first-serve basis.
- **After July 1**, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

### **Senior Wellness Clinic**

The Wellness Clinic focuses on health promotion and disease prevention for seniors 55+. Operated by Visiting Nurses Association (VNA), services include foot care, blood pressure checks, vitamin B shots, and more. Appointments are required - call 303-655-2075. Please note: Fee has increased to \$30 for foot care, \$40 for first visit of new patients - payable at the time of your appointment. Foot care is Kaiser covered with pre-approval.

Clinic hours: 9:00 a.m. - 3:00 p.m.

Thursdays July 7 - 28 & Aug 11 - 25

Fridays July 15, Aug 12 & 19

# Continuous Drop-in Activities

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## Cards, Cards, Cards!

Meet friends for an afternoon of fun. New players are welcome. Questions? Call the volunteer.

## Hand and Foot

1:00 - 3:30 p.m.  
Mondays  
Linda 303-910-4221  
No cards July 4, Aug 1

## UNO

10:00 - 11:30 a.m.  
Tuesdays  
No cards Aug 2

## Pinochle Pals

12:30 - 3:30 p.m.  
Tuesdays  
Sandy 303-288-1489  
Chama 720-244-6216  
No cards Aug 2

## Cribbage

12:30 - 3:30 p.m.  
Wednesdays  
Shirley/Chuck 720-685-3369  
No cards Aug 3

## Bridge

12:30 - 3:30 p.m.  
Fridays  
Judy 303-378-5226  
No cards Aug 5

## Pitch

12:30 - 3:30 p.m.  
Fridays  
Shirley 720-685-3369  
No cards Aug 5

Thanks to Shari Severance for  
sharing her cooking skills with us!!

## Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. If you have items to donate for bingo, drop off at the front desk. Closed July 4, Aug 1, 4.  
12:00 - 12:45 p.m.  
Mondays & Thursdays

## Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use free Wi-Fi.

## Color Me Drop-in

Drop-in time for our patrons to color together! You provide your own supplies. Closed July 4 & Aug 1.  
1:00 - 2:30 p.m.  
Mondays  
25¢ per day

## Ladies Billiards

Ladies, do you like to play pool? This is a special "women only" time. Closed July 4 & Aug 1.  
1:00 - 4:00 p.m.  
Mondays  
25¢ per day



## Police Time

Sharon Wazny from the Brighton Police Department is here to answer safety or police questions.  
11:30 a.m. - 12:30 p.m.  
Tuesdays

## Wood Carving Drop-in

Learn to carve wood or work on an existing project. Learn new techniques from experienced carvers. Call Tony Dill 303-775-2256 to arrange free instruction. Closed Aug 2.  
8:00 - 10:00 a.m.  
Tuesdays  
25¢ per day

## Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist. Closed Aug 3.  
12:30 - 3:30 p.m.  
Wednesdays

## Scrabble

Play Scrabble with others who enjoy the game. Closed Aug 3.  
1:00 - 3:30 p.m.  
Wednesdays

## Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors. Note: Starting time is now 10 a.m. Closed Aug 4.  
10:00 - 11:30 a.m.  
Thursdays  
25¢ per day

## Lending Library

Borrow books from the library for free.

Do NOT re-shelve books; our great volunteer librarians do that!

**No hard back books accepted unless they are Large Print!**

**Westerns are needed for our collection!**

**Registration  
for July/Aug Happenings  
begins on Thurs. June 30**

**H2O Healthy**

Beverly Cobo, Regional Rehabilitation Manager for InnovAge, will talk about hydration and the importance of drinking water, along with the consequences of not. She will discuss the reasons why we don't hydrate and how to overcome those obstacles.

12:30 p.m.

Tues. July 5

Deadline: Tues July 5

by 11:00 a.m.

**Walk On!**

Join us as we explore trails in the Brighton area, socialize and get in shape. Wear good walking shoes and bring water. Leader: Olly Ramirez. No meeting on Aug 3.

8:00 a.m.

Wednesdays

July 6 – Aug 31

\$4 fee to join

**Blood Pressure Screening**

The firefighters from Brighton Fire will be here to perform free blood pressure checks. Stop by!

10:30 - 11:30 a.m.

Thurs. July 7

Mon. July 25

**Hawaiian Luau**  
**Thurs Evening - July 28**  
**See back page for details.**



**Movie: 1776**

In honor of Independence Day we will show 1776 – a great Broadway musical celebration of the founding of the USA.

1:00 p.m.

Thurs. July 7

Deadline: Wed. July 6

**Friday Feast**

Wear your red, white and blue as we celebrate. Maxine Delgado will sing some of your favorite patriotic songs. You'll love her show! Lunch will be taco salad, quesadilla and dessert from Inglenook.

12:00 – 1:30 p.m.

Fri. July 8

\$4

Deadline: Wed. July 6

**Suitcases and  
Backpacks Needed**

Veterans discharged from the VA Hospital often have only a paper bag to carry home their belongings. Let's tell our troops we care by donating suitcases and backpacks at Friday Feast. Donna Ulrey delivers them.

Fri. July 8

All day until 3:00 p.m.

**Power Against Fraud**

Identity theft, contractor scams, e-mail fraud, door-to-door scams, and telemarketing fraud are more common than ever. Criminals often target seniors! The 17th Judicial D.A.'s Office will present a free "Power Against Fraud"

seminar to teach you how to protect yourself from becoming a victim. Learn simple but effective crime prevention steps. Learn about the most recent scams in the area. Even if you think you know how to protect yourself, we guarantee you'll learn even more. Free, but please RSVP.

1:00 – 2:30 p.m.

Mon. July 11

Deadline: Fri. July 8

**Medicare Counseling**

Need help with Medicare issues? You can receive one-on-one assistance with a SHIP counselor who is specially trained on Medicare insurance programs. Call Ernie at 303-655-2079 for appointments. Adams County residents with general Medicare questions can also call Centura Health Links at 720-321-8850.

12:00 - 3:30 p.m.

Tuesdays

July 12 & 26

**Bunco**

Bunco is an easy and fun game of dice. Bunco fills up fast so don't wait to register!

1:00 – 3:00 p.m.

Thurs. July 14 & 28

\$4

Deadline: Tues before

**Caregivers Support**

Learn helpful caregiving tips and free or low cost resources to help you. Mary Thatcher from the Senior Hub (303-426-4408) facilitates this group.

10:00 – 11:30 a.m.

Thurs. July 14



## Safety at Grandma's

Things have changed since your children were babies. If your grandchildren stay with you or visit often, join Pediatrician Dawn Dycus as she tells us the latest safety recommendations for your grandchildren. Topics covered: new safety gear, pool safety, medication safety, safe storage of products, and more. Please register for this free talk.

12:00 - 1:00 p.m.

Fri. July 15

Deadline: Wed. July 13

## Intergenerational Bingo

By request! Bring your grandkids to the center for an hour of bingo and an ice cream social. There will be prizes suitable for children and adults. Let us know the ages and gender of your young guests when you register.

1:00 p.m.

Tues. July 19

\$3 per person

Deadline: Fri. July 15



## The Romantic History of RMNP

Rocky Mountain National Park has a rich history and is one of the most beautiful places in Colorado. In this presentation learn about the interesting characters, romances, and

events associated with the park and surrounding cities. We will also "take a hike" through the park via pictures. Presenter Ed Weising is a professional speaker, tour guide, and historian. He has been speaking at senior centers throughout Metro Denver for years! Don't miss this great program!

1:00 – 2:30 p.m.

Wed. July 20

\$5

Deadline: Mon. July 18



## Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating.

10:45 a.m.

Thurs. July 21

## Low Vision Support Group

Connie Pierson will talk about her tips and tricks for dealing with vision loss. This FREE drop-in support group for seniors 55+ with low vision provides emotional support and resources. For questions call Melanie Shotwell at 303-790-1390 ex. 202.

1:00 – 2:00 p.m.

Mon. July 25

## Technology Help for Low Vision

If you have low vision, come learn how new technology like an iPhone or computer can help you in so many ways! Discover tips to make more use of these devices as your sight is declining. Led by Petr Kucheryavyy. Free.

2:00 – 3:30 p.m.

Mon. July 25

## Carol Burnett Show

You asked for it! We will watch more of the lost episodes of the Carol Burnett show. Free.

1:00 p.m.

Tues. July 26

Deadline: Mon. July 25

## Cribbage Tournament

Tournament includes prize winnings, refreshments, and fun. Just drop in and pay the fee.

12:30 p.m.

Wed. July 27

\$4

## Lunch and Learn – Home Care Services

Join Emily Wilson to understand the differences between home care services - such as home health, homemaker, and hospice. Learn what types of assistance home care agencies can provide in your home to help you remain independent for as long as possible. This free event is sponsored by First Light Home Care and includes a light lunch.

12:00 noon

Fri. July 29

Deadline: Tues. July 26

**Center will be  
CLOSED Aug 1 - 5**

**Get Colorado Fresh**

Join Margaret from VOA Nutrition Services for this presentation about the benefits of shopping "local" and supporting Colorado farmers!

11:00 – 11:15 a.m.  
Thurs. Aug 11

**Friday Feast**

Larry O'Conner has been a professional singer and piano player for over 30 years. We will serve delicious ham sandwiches, pasta salad and dessert from Brookdale.

12:00 – 1:30 p.m.  
Fri. Aug 12  
\$4

Deadline: Wed. Aug 10

**Oh My Aching Back**

Back by demand! If your back hurts you are not alone. Gentle therapeutic yoga for the back, sciatic, and scoliosis is the way to reduce pain and improve health with proper alignment. Come ready to try movements. Dottie LeFleur: Instructor.

1:00 - 2:30 p.m.  
Mon. Aug 15  
\$2

Deadline: Thurs. Aug 11

**Super Bowl Slide Show**

Long time Bronco fan Donna Singer has been asked to do a "summer slideshow rerun" of her trip to the 2016 Super Bowl.

12:30 p.m.  
Tues. Aug 16  
Deadline: Mon. Aug 15

**Top Ten Mistakes When Dying**

Come learn the top ten mistakes people make when preparing for their eventual death. Presentation by experienced attorney from Dolan and Associates. Free, but register.

1:30 p.m.  
Wed. Aug 17  
Deadline: Mon. Aug 15

**Low Vision Support Group**

The topic "Twenty Physical and Psychological Aspects of Vision Loss." Free. Drop-in.

1:00 – 2:00 p.m.  
Mon. Aug 22

**Superstars in Colorado History**

Many nationally famous people have lived in Colorado. In honor of Colorado's August statehood, we will be looking at the best of the best in athletes, entrepreneurs, doctors, artists, entertainers, musicians, and writers. Presenter Ed Weising is a professional speaker, tour guide and historian whose goal is to entertain, instruct and inspire! Highly recommended!

1:00 – 2:30 p.m.  
Wed. Aug 24  
\$5  
Deadline: Mon. Aug 22

**"Back to School" Class Showcase**

By request! See the back page for details on our "Back to School" Class Showcase

Fri. Aug 26  
9:00 - 11:00 a.m.

**Not Fade Away**

In 1957, Buddy Holly's band recorded a song that significantly impacted the on-going history of rock and roll music - *Not Fade Away*. Performed by hundreds of diverse artists and inspiring a great many original songs from Harry Belafonte to the Grateful Dead this signature beat has never "faded away." Steve Glickman, Ph.D. will share various versions and variants of *Not Fade Away* through stories.

12:30 p.m.  
Tues. Aug 30  
\$5  
Deadline: Fri. Aug 26

**More August Happenings**  
**Descriptions on Page 4 & 5**

**Blood Pressure Screening**

Mon. Aug 8  
Thurs. Aug 25  
10:30 a.m.

**Bunco**

Thurs. Aug 11 & 25  
1:00 p.m.

**Caregivers Support Group**

Thurs. Aug 11  
10:00 a.m.

**Massage** - See back page

**Medicare Counseling**

Tues. Aug 9 & 23  
By appointment 12:00 - 3:00

**Low Vision Technology Help**

Mon. Aug 22  
2:00 p.m.

**Cribbage Tournament**

Wed. August 31  
12:30 p.m.

**Registration for Trips  
begins on Fri. July 1  
See Page 2 for details.**

## Hike – Lair O’ Bear



**Difficulty: Easy**

**“Stop & Smell the Roses”**

Join us as we head to Bear Creek Trail at Lair O’ the Bear near Idledale in Jefferson County. This is an easy rated 1.7 mile out and back hike. This hike is perfect for those who enjoy hiking as well as stopping along the way to take in the scenery. It is a mostly level path with a lot of shade at an altitude of 6,460 feet. Pack your lunch, bring plenty of water, and enjoy a leisurely hike. Ice cream stop on the way home.

7:30 a.m.

Wed. July 6

\$4

Deadline: Tues. July 5  
by 12:00 noon

## The Source

**By Request**

Lunch with us at Denver’s *The Source*. An upscale bustling food court that offers a plethora of choices for the foodie’s palate. Fifteen merchants that vary from a wood-fired restaurant and cocktails, a modern Mexican taqueria, a traditional French bakery and more. Vendors also include a design store and gallery space, funky beers, cheeses, spices and specialty food stores.

10:15 a.m.

Thurs. July 7

\$6 (plus meal \$15+)

Deadline: Tues. July 5

## White Water Rafting

**By Request**

Last summer’s trip was so much fun we are going back! Join us as we experience the Blue River from the wet seats of the raft. Come prepared with a packed lunch and clothes that are quick drying. You’ll be surrounded by breathtaking mountain views while challenging the fast-running rapids through Boulder Canyon. A great trip for rafters of all experience levels. You can choose to ride and use a paddle or ride on the boat letting the experts do all the work. Handout at registration.

9:30 a.m.

Mon. July 11

\$59 (pack lunch)

Deadline: Wed. July 6



2015 Eagle View Rafters!

## Johnny Z’s Gambling

Your favorite games are all here at Johnny Z’s in Central City. Bring your players card for a \$5 food credit and a \$5 Z-Play (loaded on player’s card – must have a pin number.) Gambling trips are filling fast! Departure time from Central City is 3:00 p.m.

8:45 a.m.

Tues. July 12

\$16

Deadline: Thurs. July 7

## Fishing at Willow Creek Reservoir



Let’s go fishing!

We are headed to Willow Creek

Reservoir near Granby for a day of fishing. Willow Creek Reservoir is less-known and less crowded than many nearby larger reservoirs. Enjoy the opportunity to catch some trout: Brown, Cutbow and Rainbow. Bring your equipment, chair, lunch, and your fishing license.

6:30 a.m.

Wed. July 13

\$6

Deadline: Mon. July 11

## Hike – Cub Lake



**Difficulty - Medium**

Cub Lake in Rocky Mountain National Park is known for its unusual halo of lily pads and the unique landscapes you must go through to get there. The 4.6 mile roundtrip is a moderate hike out and back. It dazzles with its variety- especially the wildflowers. You’ll pass through wetlands, glacial formations, and meadows before arriving at the lake. Starting elevation is 8,080 feet with a gain of 540 ft. Pack your lunch, plenty of water and come dressed for hiking.

6:30 a.m.

Fri. July 15

\$6

Deadline: Mon. July 11

**Wings Over the Rockies*****By Request***

A museum docent will welcome you to Denver's Wings Over the Rockies Air & Space Museum. After an introduction and viewing of an 8-minute film highlighting Colorado's aviation endeavors, the docent will lead you on a walking tour of the museum. After the tour, the group will stay at the museum and explore on their own with the aid of a museum map and suggested self-guided tour itineraries. Lunch after at North County.

9:30 a.m.

Mon. July 18

\$16 (plus meal \$15+)

Deadline: Wed. July 6

***Beautiful – The Carole*****King Musical****Wait List Only**

6:00 p.m.

Wed. July 20

**National Ice Corps****Laboratory*****By Request***

The U.S. National Ice Core Laboratory in Denver is a National Science Foundation facility for storing, curating, and studying meteoric ice cores recovered from the glaciated regions of the world. Enjoy this opportunity to see the incredible work done with ice cores, learn about global climate change,

and the role ice cores play in understanding Earth's climate history. You must bring your government issued photo ID (drivers license or official ID.)

9:15 a.m.

Fri. July 22

\$4

Deadline: Fri. July 8

**Rockies vs Braves**

Play ball! Join us for an afternoon of rooting for our favorite baseball team - the Colorado Rockies against the Atlanta Braves. Pack your lunch or buy food on site at the many vendors. Dress for the weather. There are two handicap and two aisle seats available.

12:00 noon

Sun. July 24

\$16

Deadline: Thurs. July 7

**The Ballad of Baby Doe**

This classic American opera had its' world premiere at Central City Opera in 1956 – and we are heading up to see where it all began. The true riches-to-rags adventure of Elizabeth (Baby) Doe and Horace Tabor takes place during the pinnacle of Colorado's mining history. An intriguing epic of love and loss, boom and bust, the story is set to beautiful music by composer Douglas Moore.

12:30 p.m.

Wed. July 27

\$59

Deadline: Tues. July 5

**Wildflower Train****Ride*****By Request***

Begin the morning with a train ride on the Leadville Colorado & Southern Railroad. It will take you to the perfect spot where an experienced tour guide will lead you on a 20 minute hike through pine forests, aspen groves and open meadows. View a multitude of wildflowers at the water tower, including Indian paintbrush, lupine, and wild strawberries. You may find anything from deer to mushrooms in a wet marsh. Pack your lunch, wear hiking shoes, bring a water bottle and camera. The hike is for people of all capabilities, however the altitude at Leadville is over 10,000 feet!

7:00 a.m.

Sat. July 30

\$57 (pack lunch)

Deadline: Thurs. July 14

**Evergreen Jazz Festival*****By Request***

Last year's trip to the Evergreen Jazz Festival was so wonderful participants made us promise to go back again. We are headed to the "best jazz festival anywhere!" Begin your day with a free dance lesson followed by five distinctive and intimate venues giving audiences a variety of up-close-and-personal listening experiences. Bring money for food and an ear for good music.

8:15 a.m.

Sun. July 31

\$49 (plus meal \$10+)

Deadline Fri. July 8



**Registration for ALL Trips  
begins on Friday, July 1  
See Page 2 for details.**

## **Bull Durham Gambling**

Back to Bull Durham in Black Hawk for a day of trying your luck or just enjoying the food and company. \$5 cash upon arrival with a hot dog and sweet treat for lunch. Bring your players card because after 100 base points you will receive an additional \$5. Departure time back to Eagle View is 3:00 p.m.

8:45 a.m.

Tues. Aug 9

\$16

Deadline: Thurs. July 28  
by noon

## **Fishing - Manitou Park Lake**



Come fishing with us at Manitou Park Lake (near Colorado Springs) for a day of easy access fishing. Fantastic views and potential to see lots of wildlife. Bring your fishing license, equipment, and lunch.

6:00 a.m.

Wed. Aug 10

\$5

Deadline: Fri. July 29

## **Breckenridge Brewery Tour & Lunch**

### ***By Request***

Located just 10 miles south of Denver, this 12-acre brewery campus offers 60 - 90 minute brewery tour, a full-service

restaurant, wrap-around porch with outdoor fireplace. There is a spacious beer garden with corn hole, bocce ball, and lovely views of the Rocky Mountains. After the tour, we will enjoy lunch on-site at the Farm House Restaurant that offers a "Colorado Fresh" menu of American favorites.

10:00 a.m.

Thurs. Aug 11

\$7 (plus meal \$15+)

Deadline: Thurs. July 28

## **National Oceanic & Atmospheric Administration**

### ***By Request***

NOAA is an agency that enriches life through science. Their reach goes from the surface of the sun to the depths of the ocean floor as they work to keep us informed of the changing environment around us. Join us on a 90 minute tour in Boulder after which we will have lunch at the Bonefish Grill in Westminster. Must bring your State issued ID.

8:45 a.m.

Mon. Aug 15

\$4 (plus meal \$15+)

Deadline: Mon. Aug 8

## **Rockies vs Washington Nationals**

Who doesn't love baseball - the all-American pastime. Join us for a Wednesday afternoon of baseball as we

cheer on our favorite team - the Colorado Rockies against the Washington Nationals. Pack your lunch or buy food on site at the many vendors. It's \$1 hot dog day at the stadium. Dress for the weather. There are two handicap and two aisle seats available.

11:00 a.m.

Wed. Aug 17

\$16

Deadline: Fri. July 29  
by 12:00 noon

## **Light Rail & Union Station**



### ***By Request***

Back by popular demand! The Westin is no longer doing tours but we will have a great time! Begin the day riding the Light Rail from Gateway Park in Aurora to Denver's beautiful Union Station. You will have a couple of hours to grab lunch at one of the many options along the 16<sup>th</sup> Street Mall. At 2:00 p.m. you will catch the A Line back to Gateway Park and come on home. Wear your walking shoes and bring \$5 for fare and money for lunch.

10:45 a.m.

Trip A - Thurs. Aug 18

Trip B - Mon. Aug 29

\$7 (plus RTD \$5 and  
meal \$15+)

Deadline: Mon. Aug 8

**Eagle View will be closed  
August 1– 5 so make your  
reservations early!**

**Hike – Three Sisters****Difficulty: Medium**

This is a great hike in Evergreen with many trails and levels to choose from. Join us for a day of hiking, beautiful views, rock formations, vistas, meadows, ponderosa pines, and views of the Continental Divide. Elevation 6,500 feet at the start. Your distance and elevation gain will depend on the trail your group chooses to take. Pack your lunch, plenty of water, and dress for hiking.

7:30 a.m.

Fri. Aug 19

\$5

Deadline: Fri. Aug 12

**Paddle Boarding****By Request**

Colorado has a vast amount of open bodies of water that provide a perfect environment to enjoy the sport of Stand Up Paddle Boarding. Learn something new and have a morning outdoors on a beautiful body of water. We will head to Chatfield Reservoir where we will get a 75 minute lesson after which we can practice our new skills and enjoy the water. Dress for water sports. Life vests will be provided, but you must be able to swim to go on this trip. Pack your lunch, water to drink, and your adventurous spirit!

9:00 a.m.

Mon. Aug 22

\$54 (pack your lunch)

Deadline: Wed Aug 10

**Hike – Three Sisters****Difficulty: Easy****“Stop and Smell the Roses”**

A Colorado family favorite hike in Evergreen with many trails. Join us for a day of “Stop and Smell the Roses” hiking. We will enjoy beautiful views, rock formations, vistas, meadows, and Mother Nature at her finest. Elevation 6500’ at the start – we will take it slow and easy. Pack your lunch, plenty of water and dress for hiking.

7:30 a.m.

Tues. Aug 23

\$5

Deadline: Fri. Aug 12

**Breckenridge for Fun**

It’s August, it’s hot and those mountains are calling you. Let us drive you to Breckenridge (elevation 9,600 feet) for several hours on your own of beautiful scenery, cooler temperatures, strolling, and shopping. Wear your walking shoes and bring money for lunch at one of the many restaurants.



9:00 a.m.

Thurs. Aug 25

\$6 (plus meal \$10+)

Deadline: Thurs. Aug 18

**REMEMBER: You need to arrive 15 minutes BEFORE the published leave time for all trips. This gives us time to get everyone checked in, load the van, and leave on time.**



Josianne Larch Welcomes You!

**Keystone Hay Ride****By Request**

Experience a horse-drawn wagon ride through the scenic valley to the “back ranch” of Keystone Resort! At the ranching homestead you will enjoy a delicious buffet with grilled chicken or smoked baby back pork ribs with baked beans, corn on the cob, corn muffins and apple pie ala mode. Alcoholic beverages are sold ala carte. Bring a sweater or light jacket as we will be at 9,300 feet.

1:45 p.m.

Tues. Aug 30

\$84

Deadline: Tues. Aug 9

**Bowling - Coal Creek**

Coal Creek Lanes is excited to welcome you back. Whether you are an experienced bowler or just want to get to know some new people, join us for a morning of bowling just for fun. Lunch on the way home.

9:00 a.m.

Wed. Aug 31

\$13 (plus meal \$10+)

Deadline: Wed. Aug 17

**Registration for  
ALL CLASSES  
begins Thurs. June 30**

**Eagle View Closed  
July 3 and Aug 1 - 5**

## AARP Smart Driver Course

Take AARP's new and improved refresher course of safe driving practices and rules of the road. Reduce your risk of getting in an accident and get an auto insurance discount from most companies for completing the course.

1:00 - 4:30 p.m.

Mon. Aug 8

\$15 – AARP member

\$20 – Non-member

Deadline: Thurs. July 28

## Bridge Lessons

Current participants only.

8:45 & 10:00 a.m.

Thursdays

July 7 & 14, Aug 11 & 18

## Craft Time

Finish your projects in the company of others. We provide space to work on any DRY craft hobby such as tatting, knitting, crocheting, Japanese bunka, beading, and jewelry making. Center closed Aug 1.

10:00 - 11:30 a.m.

Mondays

July 11 – Aug 29

\$4

Deadline: Join any time

## Diabetes Prevention Program

Current participants only.

1:00 - 2:00 p.m.

Mondays

July 11, Aug 8 & Sept 12

## Exercise

Dottie LaFleur leads this exercise class for people of all fitness levels. Exercises are done using a chair for standing support and seated exercises. Drop-in class - pay \$1 per day to instructor. Come when you can! Center closed Aug 1 - 5.

10:00 - 11:00 a.m.

Mon/Wed/Fri

July 6 – Aug 31

\$1 daily fee

## Fit Ball Class

Fit balls are a wonderful way for seniors to improve balance, flexibility and core strength without expensive equipment. Marti Duquette, instructor and physical therapist from PVMC, can show you ways to modify any of the exercises. All fitness levels welcome.

10:30 - 11:30 a.m.

Thursdays

Session I: July 7 - 28

\$20 (4 wks)

Deadline: Wed. July 6

Session II: Aug 11 - 25

\$15 (3 wks)

Deadline: Wed. Aug 10

## Genealogy

Find your ancestors and record the information using the computer and other resources. Facilitators Sheryl Johnson and Fred Trail will show you free and “for a fee” websites to search your family tree. Class limited to 3 people on our EVAC computers. Five additional students can bring a laptop or I-device with wireless capabilities and a flash drive. Some computer ability needed. Center closed Aug 5.

9:00 – 10:30 a.m.

Fridays

July 8 – Aug 19

\$8 (6 wks)

Deadline: Thurs. July 7

## History: Adolf Hitler

The early life and times of Adolf Hitler is this session's topic. Learn about Hitler as a young boy, his education, desires as a young man, and role in WWI. Review Hitler's solutions to the problems in Germany post WWI to gain a better understanding about how he rose to power. Instructor Bob Ellis, long-time history teacher at Brighton High School and the University of Denver, will facilitate interesting and fun conversational learning. Center closed July 4 and Aug 1.

Class A: 9:00 – 10:00 a.m.

Class B: 10:15 – 11:15 a.m.

Mondays

July 11 – Aug 29

\$3 (7 wks)

Deadline: Thurs. July 7

### Introduction to iPhone & iPad

This class will teach you how to operate your iPhone or iPad. Class will cover fundamentals, including basic operation, charging and backup. Learn about settings, brightness, volume buttons, hand gestures, wifi connection, and more. Functions of included apps will be briefly touched on, as time permits. This is the right class if you are new to your device and need an introduction to get started. Bring device charged and know your Apple ID and Apple ID password. The basic model iPad mini (iPad mini 2 with 16 GB) with all the whiz bang features costs about \$230 at many retailers. Call the

instructor if you have questions and are ready to explore the iPad! Inquire at the EVAC front desk for Lisa's number.

9:00 – 11:30 a.m.

Wed. July 13

\$15

Deadline: Mon. July 11



**I-Phone Instructor**  
**Lisa Asmussen**

### Beginning iPhone & iPad

This beginner's class will move through basic settings and provide specific direction for built in iDevice apps like mail, messages, camera, clock, photos and maps. Class will be tailored to needs most requested by the class participants. Bring device charged and know your Apple ID and Apple ID password. Feel free to contact instructor about your individual needs prior to start of class. Inquire at the EVAC front desk for Lisa's number.

9:00 – 11:30 a.m.

Tues. Aug 23

\$15

Deadline: Fri. Aug 19

### Silver & Pewter Classes

Don and Kay Norris of Silver Creations will teach you how to make beautiful jewelry and pewter castings. Don Norris has 40+ years expertise as a silversmith. See display case for examples!

Date	Time	Class - Minimum 4 Maximum 10	Cost	Deadline
Wed. July 13	9:00 – noon	Rock Wrap Wire Jewelry	\$32	Mon. 7/11
Wed. July 13	1:00 – 4:00	Simple Silver Jewelry	\$32	Mon. 7/11
Wed. Aug 10	9:00 – noon	Pewter Hummingbirds/Butterflies	\$32	Mon. 8/8
Wed. Aug 10	1:00 – 4:00	Pine Needle Necklaces	\$37	Mon. 8/8

Rock Wrap Wire Jewelry - Learn to use simple wire bending techniques to make unique jewelry using wire, stones and "Rock Wraps." Price includes making two sterling silver wrapped pendants, some copper pieces of your choice, and a 20-inch sterling silver chain for your pendants.

Simple Silver Jewelry - Design your own sterling silver pendant! Create a design, add a stone, and the instructor will solder it together for you. Don Norris has made this process simple enough that if you can write your name you can do this. Price includes a 20-inch sterling silver chain.

Pewter Hummingbirds/Butterflies – Learn the art of pewter casting and cast TWO pewter sculptures by ladling pewter into rubber molds. Choose a hummingbird & columbine OR a butterfly & rose.

Pine Needle Necklaces - Cast your own pure silver pendant by pouring nearly one half ounce of melted pure silver into a bundle of pine needles. Pull away the needles to uncover your truly unique Pendant. Includes a 20-inch sterling silver chain.



**Line Dance – Beginner**

This class is for new beginners. Instructor Judy Yamakishi will teach you basic dance steps. You will then learn 1 or 2 dances per class depending on the group. There will be lots of repetition. No class Aug. 5.

8:30 - 9:25 a.m.

Fridays

July 8 – Aug 19

\$30 (6 wks)

Deadline: Thurs. July 7

**Line Dance – Level 2**

Learn the newest line dance routines! No partners needed to enjoy this fun form of country dancing. Some experience in line dancing is necessary. Consider moving up to this class if you've taken Beginning Line Dancing several times. No class Aug 5.

9:30 - 10:30 a.m.

Fridays

July 8 – Aug 19

\$30 (6 wks)

Deadline: Thurs. July 7

**Oil Painting – Summer Drop-in**

Oil painting is a drop-in class in the summer to give our instructors a break. Work independently on the project of your choice. Just drop in and pay the daily fee. Center closed Aug 2.

8:30 a.m. – 12:00 noon

Tuesdays

July 5 – Aug 30

25¢ per day

**Quilting Beginning – String Quilt**

Here is a chance to use all your extra fabric. Create a beautiful quilt of any size by piecing together small strips that make a triangular star pattern. This project is easy enough for a beginner. If you have never quilted before, please talk to instructor Teri Hendrickson before purchasing any tools. Closed Aug. 5.

1:00 – 3:00 p.m.

Fridays

July 8 - Aug 19

\$15 (6 wks)

Deadline: Thurs. July 7

**Quilting Intermediate – Windcatcher**

Join us this session to make an appealing quilt called “Windcatcher.” This quilt is made entirely of half-square triangles—or triangle squares. The half-square triangles can be made one of two ways. The quilt size will be controlled by the size of the half-square triangles since the blocks are large. If we try to increase or reduce the number of blocks, the pattern will be lost. You will receive the pattern on the first day of class. Instructors: Shari Coren and Cheryl Stoddard. No class on Aug 4.

Class A: 12:00 - 2:00 p.m.

Class B: 2:00 - 4:00 p.m.

Thursdays

July 7 – Aug 25

\$15 (7 wks)

Deadline: Wed. July 6

**Tatting**

Tatting creates a durable lace by handcrafting a series of knots and loops. Use this lace to adorn your springtime clothing, hats and accessories. Instructor Charlotte Jacobucci will teach you this craft. Registration for tatting includes registration in “Craft Time” for no additional charge. No class July 4 & Aug 1.

9:15 – 9:45 a.m.

Mondays

July 11 – Aug 29

\$4 (7 wks)

Deadline: Join any time

**Yoga - Adaptive**

Adaptive yoga is designed for people living with mobility impairments. Yoga postures are modified to accommodate your needs. Class size limited to 5-6 people to ensure individual attention by Karen Vizyak, physical therapist and certified yoga teacher. People in wheelchairs and walkers are especially encouraged to join. No classes in August.

9:00 - 10:00 a.m.

Tuesdays

July 5 - 26

\$32 (4 wks)

Deadline: Fri. July 1



Happy Eagle View Participants:  
Sandy Heideman & Bonnie Reed.

**Yoga Enthusiasts:****Yoga – Beginning**

Are you curious about yoga? This basic class will focus on relaxation and breathing, as well as increased range of motion and improved flexibility. Participants should be able to sit on the floor.

**A.M. Class****Tuesdays 10:15 – 11:15 a.m.**

Session I: July 5 - 26

Deadline: Fri. July 1

\$20 (4 wks)

Session II: Aug 9 - 30

Deadline: Mon. Aug 8

\$20 (4 wks)

**P.M. Class****Thursdays 1:45 – 2:45 p.m.**

Session I: July 14 - 28

Deadline: Wed. July 13

\$15 (3 wks)

Session II: Aug 18 - Sept 1

Deadline: Wed. Aug. 17

\$15 (3 wks)

**Yoga - Continuing**

Improve your health and flexibility with this class for students who have been in yoga class before. Instructor Carolyn Priola will focus on gentle yoga to increase flexibility, improve range of motion and reduce stress. Must be comfortable getting onto and up from the floor.

**A.M. Class****Tuesdays 9:00 – 10:00 a.m.**

Session I: July 5 - 26

Deadline: Fri. July 1

\$20 (4 wks)

Session II: Aug 9 - 30

Deadline: Mon. Aug 8

\$20 (4 wks)

**P.M. Class****Thursdays 12:30 - 1:30 p.m.**

Session I: July 14 - 28

Deadline: Wed. July 13

\$15 (3 wks)

Session II: Aug. 18 - Sept. 1

Deadline: Wed. Aug. 17

\$15 (3 wks)

**City of Brighton FREE Events**

**4th of July Celebration** – Mon. July 4, 2 p.m. to dark,  
Carmichael Park

**Brighton BBQ** – Thurs. July 21, 5:30 – 7:30 p.m.,  
Carmichael Park

**Market Day** – Sat. Aug 20, 10 a.m. – 4 p.m.  
Downtown - Main Street

**Flix & Kicks - Free Movies and Concerts****Fridays at Carmichael Park (Movies at dusk)**

July 8 The Jakarta Band (Dance Band) 7-9 p.m.

July 15 Movie: The Blind Side (PG-13)

July 22 Tumbling Dice (Country) 7-9 p.m.

July 29 Movie: Star Wars: Force Awakens (PG-13)

Aug 05 The Jurassicasters (Classic Rock) 7-9 p.m.

Aug 12 Movie: Willy Wonka & Chocolate Factory (G)

Aug 19 Pandas & People (Alternative Folk) 7-9 p.m.

**Enjoy on Your Own****Senior Day at the Fair:**

Thurs. Aug 4, 10 a.m. - 3 p.m.

Free at the Adams County Fairgrounds Dome Bldg. The day will include a resource fair, entertainment, and BINGO! Free lunch will be served at 11:30 a.m.

For more information:

[www.adamscountyfair.com](http://www.adamscountyfair.com).

**R.M. Quilt Fever Shop Hop:**

Aug 4 – 7

Normally an EVAC trip but we are closed. You can carpool or go on your own. For the list of shops, go to <http://rockymountainshophop.com>.

## Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. July 19 at 1:00 p.m. No meeting in August. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Ellie Davis. JW Edwards is the City Council representative. Visitors are always welcome.

## Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601.

### Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499  
Memorial: \$100+  
Sponsor: \$500 - \$999  
Benefactor: \$1000+

## Service Dogs

Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Only dogs are recognized as service animals at Eagle View. Per Center policy, only service dogs are allowed in the building.

## Recycle Aluminum Cans

Bring your aluminum cans to be recycled to the brown bins located just inside the community gardens. Proceeds benefit Eagle View. Thanks to the City of Brighton Parks Department for their assistance with this fundraising project.



## Trip and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 - 54 want to attend a class, trip, or a space-limited event, they will be added to a wait list. Inquire at the EVAC front desk.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.

### • Refund Policy for Cancellations:

#### If the CENTER cancels the activity/trip:

Full refunds will be given.

#### If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee.

If activity charge is \$4 or less, NO refund is given.

**Allow one week to process refunds.**

#### If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you are unable to go on a ticketed trip, **DO NOT** sell or give your space to someone else before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space after telling the Center **BEFORE** the trip - one day notice preferred.

## Outreach & Referral

Do you need help and don't know where to turn? Ermie Marquez will assist you with completing forms, help you find needed services, and make home visits to assist homebound people! **Call 303-655-2079 for an appointment. NO appointments after 3:00 p.m.**

## Transportation

VIA provides specialized transportation within the City of Brighton. VIA can take you to medical appointments, grocery shopping and Eagle View, to name just a few of the places you can go in Brighton. Call 303-447-2848 x1014 for more information; to schedule rides, call 303-447-9636.

**Call-n-Ride** - The green bus is an RTD service. Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

## Don't Miss This!

### Hawaiian Luau

Everyone loves the Hawaiian Islands. Let's celebrate our 50th state with an evening luau. We're serving great food and John Coelho will perform beautiful island music. Dress in your best island outfit!

Thursday, July 28

5:15 p.m. Cost: \$7

Deadline: Mon. July 25



### Volunteers needed

Elmwood Cemetery is looking for volunteers to participate in the Cemetery Walk on October 15th. They are also looking for stories of people buried in Elmwood Cemetery that can be shared with the public. Contact Aaron Corr at 303-655-2060 if you want to volunteer, be an actor/actress, and/or have a great family story you would like told.

### Class & Happenings Vacation Time

The following classes and programs will NOT meet in July and/or August.

Adaptive Yoga (Aug only), Bridge Classes (new students), Dementia Support Group PM, Folded Book Art, Greeting Cards, Healthy Tips (Aug only), Japanese Bunka, Massage (July only), Mindfulness, Nordic Walking, Oil Painting Class, Readers Theatre, and Write What You Know.

### Massage

Certified massage therapist, Bonita Rose, provides massage services in our wellness clinic. Half hour or one hour appointments available for target areas or full body Massages. Call 303-655-2075 for an appointment.

9:30 – 11:30 a.m.

Wednesdays, Aug 10 – 31

½ hour - \$26, 1 hour - \$41

Deadline: Two days in advance

### "Back to School" Class Showcase

Did you know that Eagle View offers over 35 different classes throughout the year? Have you always wondered what Japanese Bunka looks like? Want to know the difference between Beginning and Level 2 Line Dancing? What about Mindfulness... what is that? What will I learn in the Medicare Series? Is it hard to make silver jewelry? Can I really learn to paint? Quench your curiosity! Join our instructors for a two-hour open house with class demonstrations, giveaways, and just plain fun as you try out some of the classes. See for yourself what learning opportunities are available at EVAC.

Friday, Aug 26

9:00 – 11:00 a.m.



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